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user's feet in a direction generally perpendicular to the longitudinal axis of the board; a keel located between said bottom surface and said top surface of said metal board and defined by a continuous, closed cavity forming member extending substantially the length of the board; said keel having a height H1 and a width W2 and W2 is greater than H1; and a left rail and a right rail located between said bottom surface and said top surface adjacent said respective left and right edges and said rails defined by respective continuous, closed cavity forming members extending substantially the length of said metal board.

2. (Recited) A skateboard as recited in claim 1 wherein said keel has a substantially rectangular cross-sectional configuration.

Please cancel claim 4.

5. (Recited) A skateboard as recited in claim 1 wherein said metal board has an arcuate shaped front end and an arcuate shaped rear end.

6. (Recited) A skateboard as recited in claim 5 wherein plastic end guards are secured to said front and rear ends of said metal board.

7. (Recited) A skateboard as recited in claim 1 wherein said top surface of said metal board has a concave transverse contour.

8. (Recited) A skateboard as recited in claim 1 wherein said metal board has a bent-up front tip portion and a bent-up rear tip portion.

9. (Recited) A skateboard as recited in claim 1 further comprising front and rear skateboard trucks secured to said bottom surface of said metal board.

23. (Recited) A skateboard as recited in claim 1, wherein said board deflects less than 0.162 in. with a load of 200 lbs.